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HENRY BAKER COLLEGE MELUKAVU

**Mentoring and
Counselling cell**

2020-21

**ACADEMIC
YEAR**

FROM DARKNESS INTO MARVELLOUS LIGHT

Henry Baker College, Melukavu Is a Christian, Minority, Co-Educational, Government-aided Arts and Science College Established In 1981, affiliated to Mahatma Gandhi University, Kottayam, Kerala.

HENRY BAKER COLLEGE, MELUKAVU

Report of the Mentoring and Counselling Cell during the Academic Year 2020-21.

As per the request of the Mentoring and Counselling cell coordinator, all Heads of the Departments prepared a Mentor- Mentee list of their department, at the beginning of the year. Each departments equally allotted students to the teachers in the departments. The number of students allotted to each teacher in the college is different as the total number of students in each department varies. As the college was closed due to the coronavirus pandemic, most of the mentoring sessions were conducted via telephone. When the college reopened all the mentors met their mentees twice. They encouraged the students to cope up with the new teaching-learning method and helped them to enhance their self confidence. They gave special attention to the psychological well being of the students with regard to the covid-19 pandemic. Mentors recorded the details of each contact session in the Mentors Handbook 'Jyothirgamaya'. They submitted the Handbook with the consolidated report of the issues raised and resolved during the mentoring session, which was duly countersigned by the Head of the Department, coordinator of the mentoring and counseling cell and the Principal, at the end of the academic year.

The Mentoring and Counselling Cell organised a webinar on the topic "Ayurveda and Mental Health" on 27.11.2020. The resource person was Dr. Arish John Andrews. The talk was enriched with the clinical as well as academic expertise of the resource person. He delivered a talk on the importance of mental wellness and its role in maintaining a balanced life. He conveyed a completely different idea of incorporating Rithucharya, Dinacharya and Yama niyamas described in the Ayurveda Samhithas to our thought sphere .



HENRY BAKER COLLEGE, MELUKAVU
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Affiliated to Mahatma Gandhi University, Kottayam



**MENTORING AND COUNSELLING CELL, HENRY BAKER COLLEGE, MELUKAVU
ORGANIZES A WEBINAR ON**

TOPIC
**AYURVEDA,
AND
MENTAL
HEALTH**

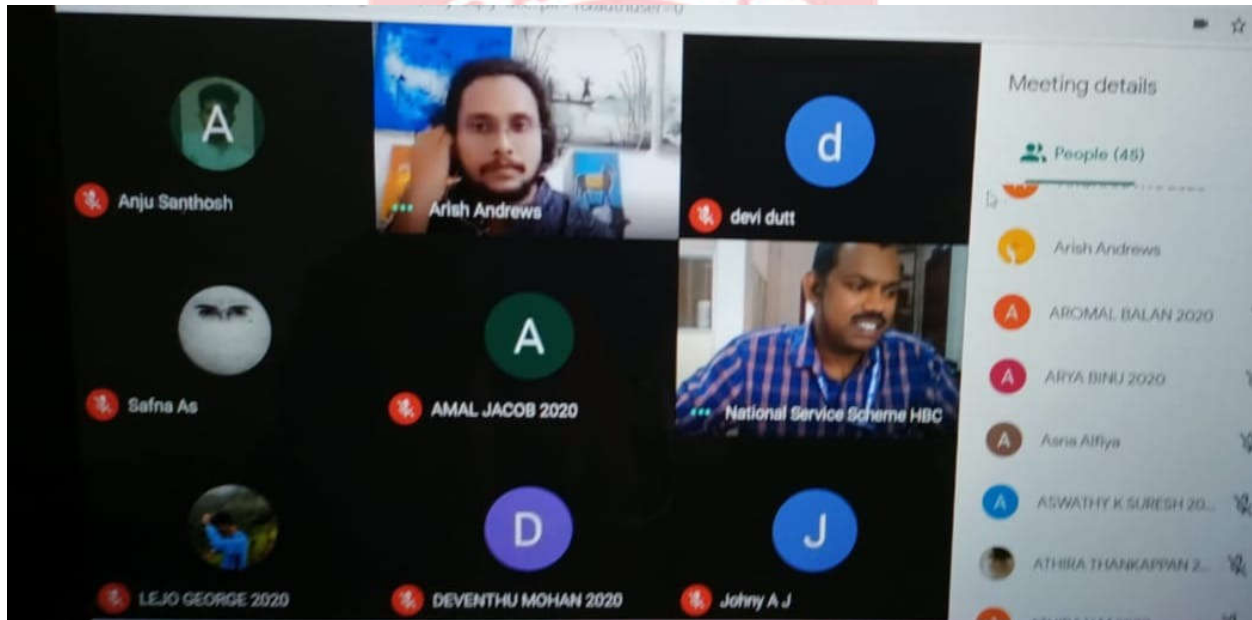


27, Nov 2020, 2.00 pm - 3.00 pm

Dr. Arish John Andrews
BAMS, D.Ac

Meet
Host your meetings by Google. Share your browser, share your video...
<http://meet.google.com/ugy-lqzf-wsd>

For more details, Please Contact
Dr.Ansa Andrews, Co-ordinator, Mentoring and Counselling Cell 9497326505



Another webinar organized by the Cell was on the topic "Covid-19 and Youth: Challenges, Response and Resilience" on 31.05. 2021. Ms. Athira Joseph, CEO, Tranquility, Centre for Counselling and Well being was the resource person. She addressed the participants about the issue of stress in students during the pandemic and the ways to tackle it. The talk boosted them to move forward with hope and courage. She also insisted the participants to go for appropriate remedial measures to prevent and manage stress induced issues and the role of counselling and therapeutics for the same.

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ORGANIZES A WEBINAR ON

COVID -19 AND YOUTH
CHALLENGES,
RESPONSE
AND
RESILIENCE

31, May 2021, 2.00 pm - 3.00 pm

Ms. Athira Joseph
MSW, PG Diploma in Counselling and Family Therapy
CEO | Tranquility Center for Counselling and Wellbeing

For more details, Please Contact
Dr. Ansa Andrews, Co-ordinator, Mentoring and Counselling Cell 9497326505

meet.google.com/ugy-igzf-wsd?authuser=0

REC

Meeting details

(85)

AJESH MONTJ

Ajin Joseph

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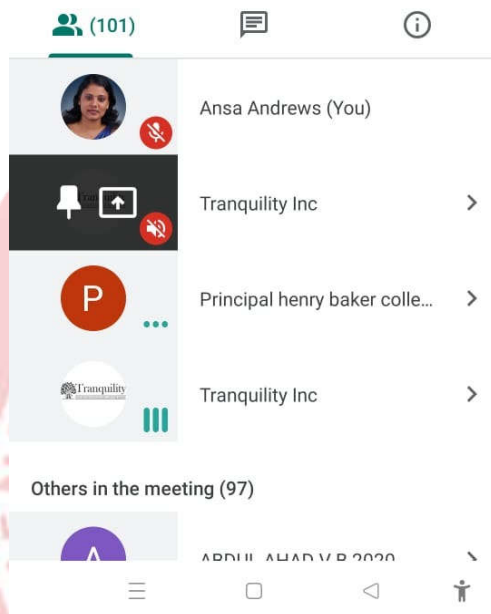
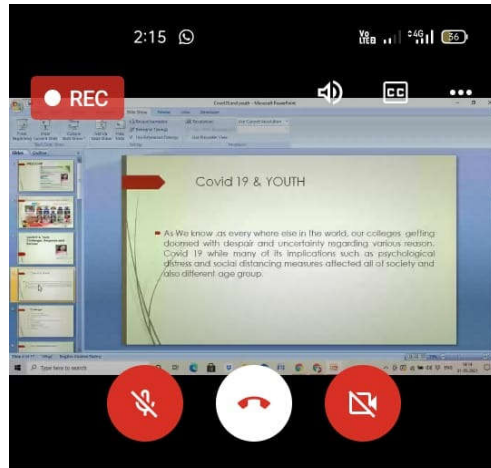
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AMAL ROY 2020

Tranquility Inc

Meeting details ^

Raise hand Turn on captions



Mentoring and Counselling Cell coordinator: Ansa Andrews

